

# Lesson Plan: Kara's Peek-A-Boo Adventure

**Subject:** Early Childhood Development (Focus on Object Permanence, Sensory Exploration, and Social Interaction)

**Age:** 1 Year Old (Kara)

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## Materials Needed:

- A few lightweight, colorful scarves with different textures (e.g., silk, cotton, sheer organza)
  - A small, soft blanket
  - Two of Kara's favorite small, safe toys (e.g., a soft block, a small stuffed animal)
  - A child-safe, unbreakable mirror
  - An empty, clean cardboard box with a lid or flap (a tissue box or shoebox works well)
  - Optional: A "lift-the-flap" book about animals or Peek-A-Boo
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## Learning Objectives

By the end of this lesson, Kara will:

- Demonstrate an emerging understanding of object permanence by actively looking for a person or object that has been hidden.
  - Engage in reciprocal, turn-taking play by pulling away a scarf or blanket to reveal a face or toy.
  - Explore different textures and sounds related to the game, enhancing sensory development.
  - Use gestures (reaching, pointing) and vocalizations (giggling, babbling) to show anticipation and participation.
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## Lesson Activities

### 1. Warm-Up: Classic Peek-A-Boo (5 minutes)

- **Step 1:** Sit on the floor directly facing Kara so you are at her eye level.
- **Step 2:** Get her attention and then cover your face with your hands. Ask in an excited, gentle voice, "Where did I go?"
- **Step 3:** After a brief pause, pull your hands away and exclaim, "Peek-A-Boo! I see you!" Use a big, happy smile.
- **Step 4:** Repeat several times. Encourage Kara to pull your hands away from your face to "find" you. Gently take her hands and help her cover her own face, then ask "Where's Kara?" before helping her reveal her face with a happy "There she is!"

### 2. Main Activity 1: Sensory Scarf Peek-A-Boo (5-7 minutes)

- **Step 1:** Introduce the colorful scarves. Let Kara touch and feel the different textures.
  - **Step 2:** Take a lightweight, sheer scarf and playfully drape it over your own head. Ask, "Where am I?" Wiggle a little under the scarf.
  - **Step 3:** Pull it off with a flourish, saying "Peek-A-Boo!"
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- **Step 4:** Now, hide one of Kara's favorite toys under a scarf while she is watching. Pat the lump and ask, "What's under here? Where is your toy?"
- **Step 5:** Encourage her to pull the scarf off to discover the toy. Celebrate her discovery with claps and cheers. Repeat with different scarves and toys.

### 3. Main Activity 2: Peek-A-Boo Box (5 minutes)

- **Step 1:** Show Kara the empty box. Let her explore it.
- **Step 2:** Take one of her small toys, show it to her, and then dramatically drop it in the box and close the lid. Say, "Peek-a... BOO!" as it disappears.
- **Step 3:** Shake the box gently so she can hear the toy rattling inside. Ask, "Can you find it?"
- **Step 4:** Help her open the box to retrieve the toy. This activity connects sight with sound and encourages fine motor skill development as she works to open the box.

### 4. Main Activity 3: Mirror Peek-A-Boo (5 minutes)

- **Step 1:** Sit with Kara in front of the child-safe mirror. Point to your reflections and say your names.
- **Step 2:** Use the small blanket to play Peek-A-Boo with your reflections. Hold the blanket up to hide both of you from the mirror.
- **Step 3:** Ask, "Where did we go?" Then, drop the blanket and say, "Peek-A-Boo! There we are!"
- **Step 4:** This variation adds a fascinating layer of self-recognition and discovery. Watch to see if she pats or looks at her reflection.

### 5. Cool-Down: Lift-the-Flap Story Time (5 minutes)

- **Step 1:** Transition to a quieter space, perhaps snuggling in a comfy chair.
- **Step 2:** Read a "lift-the-flap" book. As you read, pause before each flap and build anticipation by asking, "Who's hiding here?"
- **Step 3:** Guide Kara's hand to lift the flap herself to reveal the hidden character or animal. This reinforces the Peek-A-Boo concept in a calm and structured way, providing a perfect end to the lesson.

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## Differentiation and Inclusivity

- **For Support:** If Kara is hesitant about having objects placed over her, focus only on hiding yourself or toys. Use a very sheer scarf so she can always see your outline. Keep the activities short and follow her cues, stopping if she seems fussy or overstimulated.
- **For Extension/Challenge:** Encourage Kara to initiate the game. Hand her a scarf and see if she tries to hide a toy or cover her own face. You can also hide toys in a more challenging spot (e.g., peeking out from behind a pillow) to encourage more active searching.

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## Assessment (Informal Observation)

During the lesson, observe and mentally note the following:

- **Anticipation:** Does Kara show excitement, smile, or kick her legs as you prepare to say "Peek-A-Boo"?
- **Participation:** Does she actively reach for and pull away the scarves or blanket? Does she

attempt to lift the flap on the box or in the book?

- **Object Permanence:** When a toy is hidden, does her gaze follow it? Does she purposefully search for it under the correct scarf?
- **Vocalization:** Does she giggle, babble, or make sounds in response to the game?